

Some Suggested Reading

In no particular order:

Tantrāloka the Light on and of the Tantras by Abhinavagupta with the Commentary called Viveka by Jayaratha. Translated with Explanatory Notes by Mark S. G. Dyczkowski. Volumes 1 – 11.

<https://www.anuttaratrikakula.org/tantraloka-translation/>

To Enter, to be entered, to merge: The Role of Religious Experience in the Traditions of Tantric Shaivism. By Christopher Daren Wallis.

Especially, pages 197-237 (Śaktipāta and Samāveśa in Kaula and Kaula Trika Texts).

https://escholarship.org/content/qt4po666qj/qt4po666qj_noSplash_62a04013e216c336fd0bb8f89aff9d34.pdf

The Potential of the Bi-Directional Gaze: A Call for Neuroscientific Research on the Simultaneous Activation of the Sympathetic and Parasympathetic Nervous Systems through Tantric Practice. By Jeffrey S. Lidke.

Especially, pages 3-5 (Gazing Within While Looking Outward).

https://www.academia.edu/19859118/The_Potential_of_the_Bi_Directional_Gaze_A_Call_for_Neuroscientific_Research_on_the_Simultaneous_Activation_of_the_Sympathetic_and_Parasympathetic_Nervous_Systems_through_Tantric_Practice

The Yoga of the Mālinīvijayottaratantra. Chapters 1-4, 7, 11-17. Critical Edition, Translation & Notes. By Somadeva Vasudeva.

https://www.academia.edu/3203294/The_Yoga_of_the_M%C4%81lin%C4%ABvijayottaratantra_Collection_Indologie_97_Institut_fran%C3%A7ais_de_Pondich%C3%A9_Ecole_fran%C3%A7aise_d'Extr%C3%A4me_Orient_Pondich%C3%A9_2004

The Androgynous Form of Viṣṇu and the Yet Unpublished Vāsudevakalpa. By Diwakar acharya. Pl ISSN 0860-6102 ACTA ASIATICA VARSOVIENSIA No. 34, 2021.

https://www.academia.edu/114899442/The_Androgynous_Form_of_Vi%E1%B9%A3%E1%B9%87u_and_the_Yet_Unpublished_V%C4%81sudevakalpa

The Serpent Power. Arthur Avalon (Sir John Woodroffe). Published by Ganesh & Co., (Madras) Ltd. Fourth Edition (1950).

Ṣaṭcakranirūpaṇa (*Defining the Six Cakras*). Śrī Svāmī Haṃsa Svarūpa (*text in Sanskrit and Hindi*). Trikutivilas Press, Muzaffarpur (Bihar). 1st Edition (circa 1900):

<https://wellcomecollection.org/works/gfvqvfyf/items?canvas=5>

Ṣaṭcakranirūpaṇam. Śrī Pūrṇānanda. Published by Jyeṣṭharāma Mukundajī Śarmaṇā, Mum̐bai (1899): <https://iiif.wellcomecollection.org/pdf/b3009530x>

Principles of Tantra (Part I & II). Sir John Woodroffe. Published by Ganesh & Co., (Madras) Ltd. Part I - ISBN: 81-85988-13-7 & Part II - ISBN: 81-85988-14-5

Śakti and Śākta. Sir John Woodroffe. Published by Ganesh & Co. (Madras) Private Ltd. 10th Edition (1984). ISBN: 81-85988-03-X

Śāradātilakam of Lakṣmaṇadeśikendra with the Gūḍhārthadīpikā (commentary) of Rāghavabhaṭṭa. Edited by Arthur Avalon (Sir John Woodroffe) 1933. A copy of this text in Devanāgarī script and in Romanised transliteration may be found on the Muktabodha Indological Research Institute Digital Library database: <https://muktabodha.org/digital-library/> (catalogue number: M00077).

The Dattātreya yogaśāstra. By James Mallinson. Published by École française d'Extrême-Orient (2024). ISBN: 9788184702552

Haṭha Yoga Pradīpikā. Translated by Swami Muktibodhananda. ISBN: 81-85787-38-7

Haṭha Yoga Pradīpikā. Translated into English by Pancham Sinh. ISBN: 81-215-0575-5

Hatha Yoga Pradipika. The Original Sanskrit - Svatmarama. An English Translation - Brian Dana Akers. ISBN: 0-9716466-1-9

Hatha Yoga: The Report of a Personal Experience. By Theos Bernard. Harmony Publishing (2007). ISBN-10: 0955241227 or ISBN-13: 978-0955241222

Haṭhapradīpikā of Svātmārāma (10 Chapters) With Yogaprakasika Commentary by Balakrsna. Edited by Dr. M. L. Gharote & Parimal Devnath. ISBN: 8190117661

Haṭhapradīpikā Online. A critical edition and English translation based on over 200 manuscripts, including Jyotsna commentary of Śrī Brahmānanda. A collaborative project produced by Prof. James Mallinson and Dr Jason Birch of the University of Oxford and Prof. Dr Jürgen Hanneder of the Philips-Universität Marburg, Dr Mitsuyo Demoto, Nils Jacob Liersch, and two research assistants of the École française d'Extrême-Orient (EFEO), Pondicherry, India:

<https://hathapradipika.online/>

Haṭharatnāvalī (A Treatise on Haṭhayoga) of Śrīnivāsayogī. Critically Edited by Dr. M. L. Gharote, Dr. Parimal Devnath & Dr. Vijay Kant Jha. ISBN: 81-901176-96

Haṭhatatvakaumudī: A treatise on Haṭhayoga (By Sundaradeva). Edited by Dr. M. L. Gharote, Dr. Parimal Devnath & Dr. Vijaykant Jha. ISBN: 81-901617-5-X

Hatha Yoga Manjari. By Disciple of Gorakhnatha, Shree Sahajananda. Published by kaivalyadhama S. M. Y. M. Samiti. Lonavla 410 403, India (2006). ISBN: 81-89485-41-5

The Meaning of Haṭha in Early Haṭhayoga. By Jason Birch (Oxford University). Published Journal of the American Oriental Society 121.4, December 1st 2011.

A Lamp on Śivayoga: The Union of Yoga, Ritual and Devotion in the Śivayogapradīpaka. Doctorate dissertation presented by Seth D. Powell to Harvard University (20th April, 2023):

<https://dash.harvard.edu/entities/publication/33c74cdc-8c7a-4cb1-9e0a-6f54a04f07b4>

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The Attainment of Immortality: From Nāthas in India to Buddhists in Tibet. By Kurtis R. Schaeffer. Journal of Indian Philosophy, Volume 30, pages 515-533 (2002).

The Amṛtasiddhi and Amṛtasiddhimūla: The Earliest Texts of the Haṭhayoga Tradition. Critically Edited and Translated by James Mallinson and Péter-Dániel Szántó. ISBN: 978-81-8470-242-2

Yoga Postures and Forceful Yoga: Tibetan Amṛtasiddhi texts by Amoghavajra. By Tsering Dorji (2025). Journal of Yoga Studies 6: 61–114. DOI: <https://doi.org/10.34000/JoYS.2025.V6.002>

The Amaraugha and Amaraughaprabodha of Gorakṣanātha: The Genesis of Haṭha and Rājayoga. A Critical Edition and Annotated Translation by Jason Birch. ISBN: 978-28-5539-263-9

The Alchemical Body: Siddha Traditions in Medieval India. By David Gordan White. ISBN-13: 978-0-226-89499-7

YOGA, THE ONE AND THE MANY. By David Gordan White:

[https://www.academia.edu/54681608/Yoga the One and the Many](https://www.academia.edu/54681608/Yoga_the_One_and_the_Many)

The Kulārṇava Tantra. Translated by Ram Kumar Rai. Published by Prāchya Prakāśan (Vārāṇasī).

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The Kaulajñānaniṇaya: The Esoteric Teachings of Matsyendrapāda (Matsyendranātha), Sadguru of the Yoginī Kaula School in the Tantra Tradition. Edited and translated by Pandit Satkari Mukhopadhyaya in collaboration with Stella Dupuis.

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Yoga-Taraṅgiṇī: A Rare Commentary on Gorakṣa-Śataka. Sanskrit Text with Romanised Version. Exhaustive Introduction and English Translation of the Sanskrit Text and the Commentary by Jan K. Brzezinski (Jagadananda Das). ISBN-10: 9391024025 ISBN-13: 978-9391024024

Manthānabhairavatantram Kumārikārikākhaṇḍaḥ. Edited, Translated and Annotated by Mark S. G. Dyczkowski. Published by D. K. Printworld (P) Ltd., New Delhi. The fourteen-volume set: ISBN 13: 9788124604984 or ISBN 10: 8124604983

The Yoga of Netra Tantra: Third Eye and Overcoming Death. By Bettina Sharada Bäumer. Edited by Shivam Srivastava. ISBN: 978-81-246-0966-8

Tantrasāra of Abhinavagupta. Translation from Sanskrit and Introduction by H. N. Chakravarty. Edited by Boris Marjanovic. Rudra Press (2012). ISBN: 978-0-915801-78-7

Masters of Magical Powers: The Nāth Yogis in the Light of Esoteric Notions. By Gordan Djurdjevic.

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Philosophy of Gorakhnath with Goraksha-Vacana-Sangraha. By Akshaya Kumar Banerjea. Motilal Banarsidass Publishers Private Limited, Delhi. ISBN: 81-208-0534-8

Gorakhnāth and the Kānpaṭa Yogīs. By George Weston Briggs. Motilal Banarsidass Publishers Private Limited, Delhi. ISBN: 978-81-208-0564-4

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Monastic Wanderers: Nāth Yogī Ascetics in Modern South Asia. By Véronique Bouillier. Manohar Publishers (2017). ISBN: 978-93-5098-154-2

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Matsyendra Saṃhitā: Ascribed to Matsyendranātha (Part I). Edited by Debabrata Sensharma. Published by the Asiatic Society, Calcutta, India (1994).

The Khecarīvidyā of Ādinātha: A Critical Edition and Annotated Translation of an Early Text of Haṭhayoga. By James Mallinson. ISBN-10: 0415391156 & ISBN-13: 978-0415391153

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The Amṛtasiddhi: Haṭhayoga's Tantric Buddhist Source Text. By James Mallinson. Included as chapter 17, in 'Śaivism and the Tantric Traditions: Essays in Honour of Alexis G. J. S. Sanderson.' Brill Publishers (2020). ISBN: 978-90-04-43266-6

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འཇི་མེད་གུབ་པའི་ཀླུ་པ་བཟུགས་སོ། ('chi med grub pa'i 'grel pa bzhugs so) The Commentary on the Immortal Accomplishment: རྟལ་གསལ་སྐད་དུ་ཨ་མྲི་ཏ་སིདི་བློ་ཏི་རྒྱ་མ། (rgya gar skad du: a mrī ta sid+dhī brī ti nā ma) In the Indian (Sanskrit) language: Amṛita-Siddhi-Vṛtti Nāma. Shangpa Resource Centre, Resource ID: SCv7p221, Title: 'chi med grub pa'i 'grel pa.

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The Triadic Heart of Siva: Kaula Tantricism of Abhinavagupta in the Non-Dual Shaivism of Kashmir. By Paul Eduardo Muller-Ortega. ISBN: 0-88706-787-5

Yoga Powers: Extraordinary Capacities Attained Through Meditation and Concentration. Edited by A. Jacobsen. ISBN: 978-9004-21214-5

Tibetan Yoga and Secret Doctrines. Or, Seven Books of Wisdom of the Great Path, according to the late Lama Kazi Dawa-Samdup's English rendering. Arranged and Edited with Introductions and Annotation to serve as a Commentary by W. Y. Evans-Wentz. Oxford University Press (1958). ISBN 10: 0195014383 / ISBN 13: 9780195014389

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Published by Snow Lion Publications in ten volumes:

- 1 Myriad Worlds (9781559391887).
- 2,3, & 4 Buddhism's Journey to Tibet (9781559393454).
- 5 Buddhist Ethics (9781559391917).
- 6 (Parts I & II) Indo-Tibetan Classical Learning and Buddhist Phenomenology (9781559393898).
- 6 (part III) Frameworks of Buddhist Philosophy (9781559392778).
- 6 (Part IV) Systems of Buddhist Tantra (9781559393898).
- 7 & 8 (Parts I & II) Foundations of Buddhist Study and Practice (9781559393997).

8 (Part III) The Elements of Tantric Practice (9781559393058).

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The Haṭhapradīpikā: Lamp on Haṭha Yoga. With Seth Powell.

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